



Food/Drink and Physical Activity Record

Name: _____ Date: _____

Part One (Homework):

Use the following table to track your food/drink intake and your physical activity for one full day. When listing combination foods, list major ingredients and estimated portions. Use *MyFood-a-pedia* to help you break down combination foods and to list amounts by different food groups, <https://www.supertracker.usda.gov/foodapedia.aspx>.

TIME OF EACH MEAL AND SNACK	FOODS (name of food and amount)	BEVERAGES (name of drink and amount)	PHYSICAL ACTIVITY (list activity and duration)
Breakfast			
Lunch			
Dinner			
Snacks			

Part Two (In Class)

Analyze your food/drink intake and physical activity. Using one color for each food group, circle the name and amount of foods and drinks in each group. Total the amount of cups or ounce/equivalents per food group.

Fruit: _____ cups Grains: _____ ounce/equivalents
 Vegetable: _____ cups Protein: _____ ounce/equivalents
 Dairy: _____ cups Physical Activity: _____ minutes



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips.